

# **Wheaton Warrenville High School Co-op**

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## **Swimming and Diving**

### **2006-07 Team Handbook**

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\*Forms to be returned to a coach by Friday, Aug 18, 2006

## Wheaton-Warrenville High School Girls Swimming and Diving

Welcome to the Wheaton-Warrenville High School Girls Swimming and Diving Co-op. The Team is made up of swimmers and divers from Wheaton North and Wheaton-Warrenville South High Schools. All swim practices are held at Wheaton College unless you are notified otherwise. All weight training is done at WNHS and WWSHS.

### THE COACHING STAFF

	<u>Coach</u>	<u>Email</u>	<u>Phone</u>
Head Coach:	Jacob Ayers -	coaches@wheatonswimming.com	630 / 752-5770
Diving Coach:	Holly Higgins	coaches@wheatonswimming.com	630 / 752-5770
Diving Coach:	Bill McHugh	billmchugh-jr@worldnet.att.net	630 / 690-0682
Assistant Swim Coach:	Brian Larkin	coaches@wheatonswimming.com	630 / 752-5770
<b>Team Website:</b>	<b>www.wheatoncoop.com</b>		

### LEVELS OF PARTICIPATION\*

**Varsity "A"** - approximately 18-24 swimmers in 4 lanes (any grade level); emphasis is heavy training along with stroke technique refinement; eligible for all meets; meet attendance is mandatory.

**Varsity "B"** - approximately 18 swimmers in 3 lanes (any grade level); emphasis is stroke technique refinement and training; eligible for all meets with JV division; meet attendance is mandatory.

**Junior Varsity** - approximately 20 swimmers in 4 lanes (any grade level); emphasis is stroke instruction and aerobic conditioning; instruction given in shallow (20-yard) pool; participation in away meets may be limited; meet attendance is mandatory

**Diving** - approximately 7 divers; multiple levels (V, JV, F/S) are offered at many meets; eligible for all meets as assigned by diving coaches; meet attendance is mandatory.

\*Athletes may change levels during the season based on practice and meet performances. Squad assignments and cuts (if necessary) will be made within the first week of practice.

### PRACTICES (first practice is August 14, 2006)

#### **VARSIITY "A" -**

##### Swimming:

Aug 14 - 22: practices at Rice Lake, COD, and Wheaton College (see calendar)

Aug 23 - Nov 20: 2:00 - 4:30 p.m. Mon. through Fri.

Saturdays & tba to accommodate meet schedule

##### Weights / Running / Dryland:

Monday, Thurs (WWSHS), 6:00 - 6:55 a.m. for South only (see calendar for exceptions)

Wed, Friday (WNHS) 6:00 - 6:55 a.m. for North only (see calendars for exceptions)

#### **VARSIITY "B"-**

##### Swimming:

Aug 14 - 22: practices at Rice Lake, COD, and Wheaton College (see calendar)

Aug 23 - Nov 20: 2:00 - 4:00 p.m. Mon. through Fri.

Saturday swimming TBA to accommodate meet schedule

##### Weights/ Running / Dryland

with varsity (see above)

#### **JUNIOR VARSITY –**

##### Swimming:

Aug 14 - 22: practices at Rice Lake, COD, and Wheaton College (see calendar)

Aug 23 - Nov 20: 2:00 - 4:00 p.m. Mon. through Fri.

Saturdays TBA to accommodate meet schedule

##### Weights / Running / Dryland

optional with varsity

#### **Diving-**

##### Diving:

Aug 14 - 22: practices at Rice Lake, COD, and Wheaton College (see calendar)

Aug 23 - Nov 20: 2:00 - 4:00 p.m. Mon. through Fri.

## **REQUIREMENTS AND POLICIES**

### **Physicals and Forms.**

Each athlete must have a physical on file before he/she is allowed to participate in any practices. A parental release and emergency contact phone number must also be on file with your school.

### **Team Fees.**

Fees should be paid to your respective Athletic Department. Your team fee includes your **school fees** (\$100 payable to your school), and **equipment fees**: 2 caps, one suit, and one T-shirt (\$78 payable to WWSHS for girls; \$63 payable to WWSHS for boys). Extra shirts for parents and fans may be ordered for \$15. Please write two separate checks for these amounts. All fees must be on file before team suits and shirts are ordered on the first Friday of the season. Please see a coach with any financial concerns.

### **Registration.**

Please arrange for early release with your counselor. You must have PE or Study Hall last hour in order to accommodate our practice schedule.

### **Transportation.**

We will need both student drivers and parent volunteers to transport the team each day from WNHS and WWSHS to Wheaton College. If you drive to practice at any time during the year, you must submit a description of your car to one of the coaches. This will allow you to have a visitor's pass at Wheaton College. If you carpool with an older student, please help them with transportation costs. No student driver is allowed to stop between school and Wheaton College without permission for any reason. All athletes must take the team bus to away meets under all circumstances. Athletes may ride home with their own parents with written permission.

### **Grades.**

The policies of District 200 will be enforced. Grades are sent weekly from the Athletic Department to the coaching staff. **KEEP YOUR GRADES UP! Please see a coach with any academic problems.**

### **Apparel and equipment.**

You must practice in one (or more) one-piece Speedo-type swimming suit(s). Goggles are optional, but highly recommended. Wear a cap in practice if you have long hair. Team suits and caps must be worn at all meets. You may purchase and wear your own racing suit (aquablade, fastskin, etc.) for championship meets (DVC, Sectionals, State). Bring a water-bottle with you each day to practice.

### **Lockers.**

Please supply your own lock to use during practice. You may not store items overnight in a Wheaton College locker. Key-Lockers which require a quarter are also available (you get the quarter back when you return the key). Do not leave anything in the locker room unlocked or unattended.

### **Practice Attendance.**

Three unexcused absences will lead to dismissal from the team. You must have 85% attendance (excused and unexcused) to compete in meets (this includes summer break practices!). A tardy equals one-half of a practice. Excused practices include family emergencies, illnesses, etc. Do not come to practice if you do not attend school. Please plan make-up exams / help sessions / doctors appointments for before or during school when possible. Remember that we begin swimming at 2:00 - not 2:05.

## **CONDUCT**

- Be humble in both victory and defeat; behave with class and pride.
- Remember that you represent you school and your city at all times.
- Treat all coaches, officials, and other authority figures with respect - this includes personnel from other teams!
- Treat all your opponents as equals and peers, especially if they are not your athletic equals.
- Remember that we are guests at Wheaton College. Please go the extra mile to respect the property and people of the College. No act of vandalism will be tolerated.
- Drug and alcohol use will be dealt with according to the athletic code of both WWSHS and WNHS.

## **Practice & Meet Info - Driving Directions and More**

### **Wheaton College Student Recreation Center**

(Chrouser Aquatic Center)  
601 E Kenilworth  
630.752.5000 (general information line)

The pool is located at the corner of Chase and Kenilworth across from the tennis courts.

### **Wheaton Warrenville South High School**

1993 Tiger Trail  
630.784.7242  
(corner of Wiesbrook and Butterfield)

### **Wheaton North High School**

1 Falcon Way  
630.784.7319

### **Meet Directions**

All driving directions for away meets are found online on the team website.

### **Meet Transportation**

All athletes must ride the team bus/van to all away meets. Athletes who miss the bus are ineligible to compete in that meet, except under very rare circumstances. Athletes may ride home with a parent or guardian with a written note only, or by having a parent speak directly with a coach at the end of a meet. Athletes may not transport themselves to or from meets under any circumstances.

### **Meet Spectators**

We encourage as many fans to attend our meets as possible. It is community support and spirit which makes our sport exciting! Parents usually sit together at meets and wear team shirts to help cheer the team on.

### **Practice Observation and Home Meets**

Swim team practices are not "closed" to spectators. All spectators are asked to observe from the balcony of the pool, and not to disturb the workout except in emergency situations. Wheaton College asks that during both practice and meets, the running track and the windows along the north and east side of the pool be kept free from spectators. The college also would like to keep the main entrance hall as free from congestion as possible.

## Team Records

	Team Records			Co-op Records		
	Time	Name	Year	Time	Name	Year
50 free	24.88	Kristen Hohl	2004	24.88	Kristen Hohl	2004
100 free	53.64	Kristen Hohl	2004	53.64	Kristen Hohl	2004
200 free	1:52.40	Courtney Coleman	1993	1:56.51	Sarah Wynn	2004
500 free	4:58.85	Courtney Coleman	1993	5:01.94	Taylor Zafir	2005
100 fly	58.52	Sarah Graves	1992	58.84	Lauren Zafir	2005
100 back	59.49	Shannon Miller	1999	59.49	Shannon Miller	1999
100 breast	1:05.59	Taylor Zafir	2004	1:05.59	Taylor Zafir	2004
200 IM	2:04.40	Taylor Zafir	2005	2:04.40	Taylor Zafir	2005
200 med relay	1:49.22	Lauren Zafir Taylor Zafir Kate Williams Kelsey Novotny	2005	1:49.22	Lauren Zafir Taylor Zafir Kate Williams Kelsey Novotny	2005
200 free relay	1:39.53	Kelsey Novotny Kate Williams Kristen Hohl Angela Tomazin	2004	1:39.53	Kelsey Novotny Kate Williams Kristen Hohl Angela Tomazin	2004
400 free relay	3:38.44	Kelsey Novotny Kate Williams Danielle Reminger Tatylor Zafir	2004	3:38.44	Kelsey Novotny Kate Williams Danielle Reminger Tatylor Zafir	2004
Diving (6)	233.10	Aubriana Ard	2003	233.10	Aubriana Ard	2003
Diving (11)	396.00	Aubriana Ard	2003	396.00	Aubriana Ard	2003

## School Records

	WWSHS Records			WNHS Records		
	Time	Name	Year	Time	Name	Year
50 free	25.09	Kelsey Novotny	2005	24.88	Kristen Hohl	2004
100 free	54.74	Shannon Miller	1999	53.64	Kristen Hohl	2004
200 free	1:52.40	Courtney Coleman	1993	1:52.66	Jami White	1992
500 free	4:58.85	Courtney Coleman	1993	5:01.24	Jami White	1992
100 fly	58.52	Sarah Graves	1992	1:00.02	Kathy Evans	1981
100 back	59.49	Shannon Miller	1999	1:01.07	Monica Krisman	1999
100 breast	1:05.59	Taylor Zafir	2004	1:08.98	Kathryn Kooser	1975
200 IM	2:04.40	Taylor Zafir	2005	2:12.58	Marh Rish	1976
Diving (6)	233.10	Aubriana Ard	2003	142.43	Suzie Sulfridge	2005
Diving (11)	396.00	Aubriana Ard	2003	232.25	Meredith Taylor	2000

## Frosh / Soph Records

	Frosh Soph Records		
	Time	Name	Year
50 free	25.09	Kelsey Novotny	2005
100 free	55.08	Kelsey Novotny	2005
200 free	1:56.51	Sarah Wynn	2004
500 free	5:01.94	Taylor Zafir	2005
100 fly	59.84	Taylor Zafir	2005
100 back	1:00.92	Shannon Miller	1998
100 breast	1:05.59	Taylor Zafir	2004
200 IM	2:04.40	Taylor Zafir	2005
Diving (6)	Tba	Tba	Tba
Diving (11)	396.00	Aubriana Ard	2003

**All-Time Top 10**

50 free			
1	Kristen Hohl	24.88	04
2	KELSEY NOVOTNY	25.09	05
3	Connie Keung	25.34	99
4	Meg Roberts	25.55	76
5	Angela Tomazin	25.57	04
6	KATE WILLIAMS	25.60	03
6	Monica Krisman	25.60	99
8	Shannon Miller	24.70r	00
9	LAUREN ZAFIR	25.72	05
10	DANIELLE REMINGER	24.83r	05
200 free			
1	Courtney Coleman	1:52.40	93
2	Jami White	1:52.66	92
3	SARAH WYNN	1:56.51	04
4	TAYLOR ZAFIR	1:56.94	05
5	Jessica Hohl	1:57.05	02
6	Monica Krisman	1:58.72	98
7	Jenna Sveen	1:58.91	03
8	Sarah Graves	1:58.99	95
9	KATE WILLIAMS	1:59.42	04
10	Linda Krauser	1:59.88	78
100 fly			
1	Sarah Graves	58.52	95
2	LAUREN ZAFIR	58.87	05
3	TAYLOR ZAFIR	59.84	05
3	Kathy Evans	1:00.02	81
5	Monica Krisman	1:00.37	99
6	DANIELLE REMINGER	1:00.85	05
7	Katherine Young	1:01.40	99
8	KELSEY MALLON	1:02.41	05
9	TAYLOR MARTON	1:02.46	05
10	KATE WILLIAMS	1:02.61	05
100 breast			
1	TAYLOR ZAFIR	1:05.59	04
2	MADLINE SCARBOROUGH	1:07.74	05
3	BETH HENNING	1:08.28	05
4	Kathryn Kooser	1:08.96	76
5	Suzanne Jeffreys	1:09.84	95
6	Elizabeth Annerino	1:10.30	00
7	Sarah Billingsley	1:10.69	04
8	Sarah Fallon	1:12.25	02
8	Carolyn Gensky	1:12.28	97
10	Ariana Baker	1:13.81	98
Diving - 6			
1	Aubriana Ard	233.10	04
2	Sarah Galecki	172.00	99
3	Ashely Korol	156.56	04
4	Laura Peterson	147.70	00
5	REBECCA CLARK	142.55	05
6	SUZIE SULFRIDGE	142.42	05
7	Sarah Billingsley	141.75	01
8	Aimee Loftus	130.35	01
9	Lauren Corry	125.35	02
10	Kirsten Deist	122.05	00

100 free			
1	Kristen Hohl	53.64	04
2	Jessica Hohl	54.00	02
3	Shannon Miller	54.74	99
4	TAYLOR ZAFIR	53.76r	05
5	Monica Krisman	55.05	00
6	KELSEY NOVOTNY	55.08	05
7	Connie Keung	55.08	99
8	DANIELLE REMINGER	54.21r	05
9	KATE WILLIAMS	55.24	05
10	Jenna Sveen	55.63	03
500 free			
1	Courtney Coleman	4:58.85	93
2	Jami White	5:01.24	92
3	TAYLOR ZAFIR	5:01.94	05
4	SARAH WYNN	5:09.62	04
5	Linda Krauser	5:10.58	78
6	Shannon Miller	5:13.59	00
7	Valerie Tonyan	5:25.23	01
8	KELSEY MALLON	5:27.19	05
9	Jessica Hohl	5:29.85	02
10	LENA DANSDILL	5:31.12	04
100 back			
1	Shannon Miller	59.49	99
2	Monica Krisman	1:01.07	99
3	Marh Rish	1:01.25	76
4	LAUREN ZAFIR	1:01.28	05
5	TAYLOR ZAFIR	1:01.85	05
6	Jessica Sveen	1:01.92	02
7	Kristina Paulsen	1:02.45	94
8	Sue Abels	1:03.83	79
9	KIM RUEHLMANN	1:04.13	04
10	SARAH WYNN	1:05.93	04
200 IM			
1	TAYLOR ZAFIR	2:04.40	05
2	Mary Rish	2:12.58	76
3	MADLINE SCARBOROUGH	2:15.95	05
4	Valerie Tonayan	2:16.12	02
5	Monica Krisman	2:16.27	99
6	SARAH WYNN	2:16.44	05
7	LAUREN ZAFIR	2:17.31	05
8	Kathry Kooser	2:17.81	75
9	Elizabeth Annerino	2:17.81	00
10	Angela Tomazin	2:19.89	04
Diving - 11			
1	Aubriana Ard	396.00	02
2	Sarah Galecki	299.65	99
3	Laura Petersen	269.70	00
4	Ashley Korol	268.25	04
5	Meredith Taylor	232.25	00
6	SUZIE SULFRIDGE	225.90	05
7	Lauren Correy	224.05	02
8	Kellie Evensen	206.95	00
9	Sarah Billingsley	202.15	01
10	Laura Schmidt	198.95	00

**Fees Information**

**KEEP THIS SHEET.** It is to help you keep track of our fees.

**Apparel and Team Fee Summary**

1. **User Fee:** **\$100.00 made payable to your school**  
 (paid by all sports at both schools)  
Give your user fee to your athletic department.
  
2. **Team Fee:** **\$78.00 made payable to WWSHS**  
 (plus any fees below which are not included in team fees)  
Give your team fee to your athletic department.
  
  
Items Included in Team Fee (approximations):

Team Shirt	\$15.00
Team Suit (meets)	\$45.00
Team Caps	\$11.00
	\$71.00
Handling	<u>\$2.00</u>
	\$78.00

  
Items NOT included in Team Fee

Parent Shirt	\$15.00 per shirt. <b>NOTE that you must order parent shirts on suit sizing / athlete apparel order day. No refunds will be given if an athlete forgets to order extra shirts.</b>
Training Suit	\$30.00 - \$37.00 depending on what we order. Not a bad idea as practice / meet suits wear down and we can get them cheaper if we buy as a team (plus we'll look sharp if we all practice in similar suits)
Taper Suit	\$45.00 - \$150.00 depending on what you order. Many swimmers for their final meet of the season will buy a faster, more water-resistant suit to optimize performance. This is completely optional; the coaching staff will take orders and pick up the suits for you in the days leading up to the last meet.

**KEEP THIS SHEET.** It is to help you keep track of our fees.

Mandatory Fees		
	<b>User Fee</b> (payable to your school)	\$92.00 per student
	<b>Team Fees</b> (separate check payable to WWS)	\$78.00 per student
Optional Fees		
	<b>Training suit</b> (\$33.00 per suit)	_____
	<b>Parent Shirt</b> (\$15.00 per shirt)	_____
	<b>Taper Suit</b> (to be paid at a later date)	to be paid later
Summary		
	<b>Check #1:</b>	\$92.00 payable to your HS
	Check #2:	\$78.00 payable to WWSHS plus:
	Optional fees total (see above):	_____
	<b>Check #2 total:</b>	_____

Please see a coach or your athletic director with any financial concerns. No one will be kept from participating due to financial reasons.

## Standards

### Varsity Time Standards 2006

50 free	27.99
100 free	1:02.99
200 free	2:15.99
500 free	6:09.99
100 fly	1:10.09
100 back	1:11.09
100 breast	1:21.09
200 IM	2:29.09
Diving – 11	coaches discretion

To earn a varsity letter you must accomplish all of the following:

**1. Have perfect attendance.** This includes morning workouts. Notify a coach of any excused absences (doctor's appointments, etc). If you don't attend school due to an illness, do not attend practice. A grace limit of 15% is built in to account for illnesses and excused absences. This means you must make 17 out of every 20 practices to earn a letter.

**2. Exhibit championship behavior each day in practice and at meets.** For juniors and seniors this means team leadership and setting good examples for the underclassmen. For all team members this means not sitting at the walls in sets, completing workouts, giving 100% effort every day, etc.

**3. Achieve one of the time standards above or compete for Wheaton at the Sectional Championships.** Varsity swimmers from last year should also have goals to improve over last year's sectional / state performances.

**Ultimately, varsity awards are at the discretion of the coaching staff. Certain requirements may be waived under some circumstances.**

### 2006-07 IHSA State Championship Time Standards

Note: bolded cuts have been changed from last year.

50 free	24.99
<b>100 free</b>	<b>53.99</b>
200 free	1:57.99
500 free	5:15.99
<b>100 fly</b>	<b>1:00.29</b>
100 back	1:01.29
<b>100 breast</b>	<b>1:08.59</b>
200 IM	2:13.99
Diving – 11	see below
<b>200 medley relay</b>	<b>1:52.19</b>
<b>200 free relay</b>	<b>1:40.19</b>
<b>400 free relay</b>	<b>3:41.19</b>

Per IHSA rules, state-qualifying times must be achieved at the sectional championship meet to qualify for the State Championships. Sectional winners advance automatically to the State meet

**Diving:** Sectional winners advance automatically to the State meet. The next 32 divers who score higher than the lowest sectional winner also advance as "at large" divers.

**Checklist**

**Wheaton High School Swimming and Diving  
Parent Checklist and T-shirt Order Form 2006-07**

**1. The following must be turned in to your school before an athlete may practice:**

*(all available at your schools' athletic office)*

- Physical Form
- Parental Release
- Emergency Contact form

**2. Turn in team fees, school user fees, and extra T-shirt orders by the first Friday of practice**

*\*Please make two separate checks to your school (user fee) and WWSHS (team fee).*

*\*Team Fee includes athletes' swim suit, T-shirt, and swim caps.*

- User Fee (\$100)
- Team Fee (\$78)
- Parents' t-shirts (\$15 / shirt)
- Training suit (\$33.00)

Parents can order extra team t-shirts to wear to meets. Athletes' shirts are included in the team fees. Parents' shirts cost \$15 each and must be paid for at the same time as the athletes' shirts. Swimmers can order a training suit for \$33.00 (not a bad idea as we get a team discount and meet suits wear out quickly if worn in practice). This should also be added to your team fees (meet suits are included in team fees already).

Please return THIS ENTIRE FORM to one of the coaches by the first Friday of Practice at the latest. We will order suits and shirts ON THAT DAY, and WILL NOT PLACE ADDITIONAL ORDERS.

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**Please make checks payable to either WNHS or WWSHS and add your total below to your team fees.**

**Do not give your checks to a coach... take it to your school! Bring this form to a coach.**

**-Thanks for supporting the team!!**

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**Parent T-Shirt Order Information**

Name(s): \_\_\_\_\_  
 Number of Parent shirts: \_\_\_\_\_  
 Sizes: \_\_\_\_\_  
 Training Suit (yes or no)? \_\_\_\_\_  
 Total additional Cost (\$15 per shirt / shirt plus training suit): \_\_\_\_\_

*Make t-shirt and team fee checks payable to WWSHS. Make user fee checks payable to your school. Turn both checks in to your school.*

**NOTE: parent t-shirts will be ordered at the same time as the athlete t-shirts. Athletes MUST inform our apparel provider if they wish to order parent shirts. Refunds cannot be given if an athlete forgets to order parent shirts. In most cases, additional shirts cannot be ordered after the fact.**

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**This entire form must be returned by the first Friday of practice!!**

Wheaton Co-op Swimming and Diving Practice & Meet Guidelines  
2005-06

This form must be returned to your coach by the end of the first week of practice before you will be allowed to continue practicing.

The following stipulations apply to training and competing on the Wheaton High School Co-op Swimming and Diving Team.

**Team cuts** (if necessary) will be made after the first week of practice. Cuts will be made based on the number of swimmers which the Wheaton College Aquatics center can safely accommodate. Cuts may also be necessary to create an optimal coach-to-swimmer ratio. Athletes' competitive background, practice attendance, grade level, and work ethic will all be taken into consideration when cuts are made.

The swim team will have 3 levels: Junior Varsity (girls only), Varsity "B," and Varsity "A". The JV level will carry between 16 and 20 swimmers in 4-5 lanes (shallow water). The Varsity "B" level will carry 18 - 24 swimmers in 3 lanes (deep water). The Varsity "A" level will carry 16 - 20 swimmers in 4 lanes (deep water). The diving squad will carry approximately 7 divers. Team Fees will be refunded only if you are cut from the team.

**Unexcused absences** (skipping practice) will not be tolerated. The first two unexcused absences will result in the athlete missing the next competition. The third unexcused absence will result in dismissal from the team. Unexcused tardiness is considered the same as absences. Because you leave school early, swim team is considered the same as a class at school.

**Excused absences** are sometimes unavoidable. When possible, notify your coach if you need to miss practice. Excused absences include college visits, family emergencies, health emergencies, etc. Do not schedule College Visits during meets or practice when possible. Schedule doctors appointments around your practice schedule whenever possible. If you need extra help from a teacher, you have two options: meet with that teacher outside of practice time (i.e. before school) or ask one of the coaches for help (we are all either teachers or professionals and are more than willing to help!).

You must have 85% attendance (excused and unexcused) to participate in meets. Being late (we will start swimming at 2:00 p.m.) equals missing half of a practice. Do not stop at home or anywhere else between school and practice. No student driver is allowed to make any stops for any reason. Stopping on the way to practice will result in the whole carpool missing the next competition. Do not put other athletes' safety and team standing in jeopardy.

**Give 100% at all times. You will never know what you can achieve unless you give it all in practice.**

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Please sign and return to a coach on or before the date above indicating that you have read and understood the team guidelines (including behavioral guidelines outlined in the team overview and by your school), and that you will follow them. A copy will be made for you to keep.

Athlete's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

**Swimmer Data & New Swimmer Survey**

Swimmer Form 2006-07

**Note:** All Swimmers must complete this form and return it by the first Friday of practice.

Check here if your information has changed from last year

<b>Last Name</b>	<b>First Name</b>	<b>Middle Name</b>
<b>Birthday</b>	<b>School</b>	<b>Swim or Dive?</b>
<b>Mother's Name</b>	<b>Mother's Home Phone</b>	<b>Mother's Work Phone</b>
<b>Father's Name</b>	<b>Father's Home Phone</b>	<b>Father's Work Phone</b>
<b>Home Address</b>	<b>City</b>	<b>Zip</b>

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**New Swimmer Information** (Freshmen and other new swimmers only)

1. Describe your competitive swimming or diving experience:
  
  
  
  
  
  
  
  
  
  
2. What other aquatics experience do you have (life guarding, scuba, etc.)?
  
  
  
  
  
  
  
  
  
  
3. Would you be interested in information about year-round swimming or diving?
  
  
  
  
  
  
  
  
  
  
4. How did you first hear about your high school team?
  
  
  
  
  
  
  
  
  
  
5. What do you hope to contribute to this team?

**Parent Volunteer Sheet**

Wheaton High School Swimming and Diving 2006-07

Dear Parents,

Welcome to the Wheaton High School Co-op Swimming and Diving Team. We will need your help to make this year successful. Your help will be needed both at Meets and on a daily basis. The girls will have two home meets this year:

<b>Wed</b>	<b>09/05/06</b>	<b>St Charles North</b>	<b>5:00 p.m.</b>	<b>@ Wheaton College</b>
<b>Tues</b>	<b>10/14/06</b>	<b>Benet Academy</b>	<b>9:30 a.m.</b>	<b>@ Wheaton College (Sr Night)</b>

Below are the positions we need filled with a brief description. After all the forms have been returned, you will receive information telling you when to arrive for each job. This will also be posted on our team website.

- Head Timer** *(supervises and organizes all timers; should have previous experience)*
- Announcer** *(announces each event and swimmers)*
- Scorekeepers** *(paper-based method of tallying results; very simple yet extremely important)*
- Timing System Operator** *(electronic timing system operations; should have previous experience or be willing to shadow someone else)*
- Timers** *(stopwatch operator behind each lane)*
- Hospitality** *(very limited at dual meets – help distribute drinks etc.)*
- Decorations** *(pool and lockers)*
- Photographer / Video-taper**
- Meet set-up / tear down** *(arrive early or stay late to help move lane-lines, set-up chairs, etc).*
- Senior Gift Coordinators** *(work hand-in-hand with Junior team members to make Senior Nightspecial)*

**Siblings, other family members, and friends are welcome to help as well.**

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Name : _____	Name: _____	Name:: _____
Job: _____	Job: _____	Job: _____
Meet(s): _____	Meet(s): _____	Meet(s): _____

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We will also need parents to help with various tasks throughout the year. We will need help locker signs; yard signs; carpools; and team parties. Please don't hesitate to suggest something that is not on this list!

**Name / Phone Number:** \_\_\_\_\_

**School:** \_\_\_\_\_

Yes, I can drive a **carpool** from one of the High Schools to Wheaton College.

I am available on the following days of each week (please circle):      M T W Th F

I can fit this many drivers in my car (besides the driver):      \_\_\_\_\_

Yes, I would like to host a **team party** at my house. Please inform me of the dates and times.